

ABSTRACT

The present invention, a light diffusing sheet comprising a transparent resin layer having a minute unevenness formed on a surface thereof on at least one side of a transparent substrate, and a haze value of the light diffusing sheet is 30% or more, a ratio (R_a / S_m) of a center-line average surface roughness (R_a : μm) and an average height-depth spacing (S_m : μm) is 0.005 or less, and the R_a satisfies a relationship of $0.1 \leq R_a \leq 0.4$. The light diffusing sheet enables suppression of glaring of a screen and white blurring, while maintaining antiglare property, having excellent image visibility.